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"Italian Wedding Soup," from The Complete Diabetes Prevention Plan, by Christopher Saudek and Sandra Woodruff (recipe below), invited me to simmer ground turkey

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Complete diabetes prevention plan - prediabetes

By Sandra Woodruff, MS RD LD/N and Christopher Saudek, MD. A Guide to Understanding the Emerging Epidemic of Prediabetes and Halting Its Progression to Diabetes

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Christopher Saudek is the author of The Complete Diabetes Prevention Plan (3.00 avg rating, 5 ratings, 1 review, published 2004), The Johns Hopkins Guide

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Several studies on diabetes prevention treatment and complications of diabetes. References: Sandra Woodruff, Christopher Saudek. The Complete Diabetes

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Mike Walden developed the Type 2 Diabetes Prevention treatment plan. He is a qualified nutritionist and medical researcher.

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